



Dartford and White Oak Tri

Club races 2009

Duathlon 1 Duathlon 2

April 5th Oct 11th

Free entry to all full W.O.T members to one duathlon

Run 5km Bike 22km Run 5km

White Oak Adult Tri

12th July 09

Please all keep this date free to marshal

Proposed Membership rates for 2009

Due April 1st

Full annual membership is £120 which covers swim fees -2 weekly pool sessions and one lake session (date tbc), free Seeds cycling membership , free turbo sessions (Jan-March) ,free entry to one club duathlon race and £10 towards team entry to Southwater relays!

New club membership cards will be issued .

Affiliate membership will be £20 for the year with each swim session £4

Happy New Year to all club members and best wishes for 2009!

Swim training update

Coached session
Wednesdays

9.15 till 10.15 at White Oak with Paula or Andy

Sundays 9 till 10 at White Oak - uncoached session

Early season training will be focusing on technique and stamina

John hopes that from May the lake in Dartford will be available for open water swimming—please watch this space for updates!

Cycling update

All full W.O.T members are entitled to free membership of Seedscycling club which organises regular Sunday rides and alternate Saturday rides for levels of all ability and meets at Princes Park ,Dartford.

Early season training will focus on endurance and general fitness (with several members competing in reliability trials) and turbo training takes place on a Thursday at White Oak at 7.20pm—see website for full details and info.

Www.Seedscycling.co.uk

Running update

Dartford road runners train every Tuesday and Thursday from Princes Park Dartford at 6.40pm

Early season local races that may be of interest:

Ashford 10k 8th Feb

Sidcup 10 8th Feb

Dover half marathon 15th Feb

Tunbridge Wells half marathon 15th Feb

All good training for the club duathlon or for anyone participating in the London Marathon or other events!

Record number of W.O.T. members competing in Ironman events this year!

Best wishes to everyone competing in Ironman this year from the club .

So far there are 15 people entered from the club — 10 for Ironman Austria on the 5th July , 3 for Ironman UK on 2nd

August , 1 for Ironman Germany and 1 for Ironman Ireland . So best wishes to Paul A, Kevin , Cedric , Mick , Carrie , John, Jeff, Mike, Paul F, Steve N , Andy , Steve C , Mark O , Mark , Nick

sorry if I've missed anyone! watch this space for further updates on how their training is going and their plans for warm up races through the season .

Race update 2009

NB Races are starting to fill up fast so don't leave things too late !

Club Grand Prix races 2009

Grand Prix races will be:-

Sprint - Tonbridge 4th May

Olympic—Milton Keynes 26th July

Half Ironman—Marshman 17th May

The best result from one club duathlon

Southwater Relays— 6th Sept

Ironman - Austria

Plus any event where more than 5 W.O.T members take part will count too .

Please let James Drain (events secretary) know the races you plan to enter—the next newsletter will include results of any races by W.O.T members !

New race for 2009 for those interested—The Marshman half ironman distance on 17th May

1900m swim , 90k bike , 21k run

Apparently 'flat, fast and accurate !' taking place on Romney marshes

See www.velocityevents.co.uk for more details and to register

Several W.O.T members plan to do this race as a warm up for the full Ironman and also as a local event in Kent—maybe we can get a big team together and support those taking part.

Tour to Givet 2009

Seeds cycling are organising a trip to Givet, France on the 8th to the 10th May

Final numbers and deposits will be needed shortly for the trip so if you are interested see website for details or contact Graham Hiscock.

The plan is to travel out on the Friday and return on the Sunday evening as per last year but staying in a different hotel.

The scenery is fantastic and there is a 50 mile cycle path along the river which makes for a great 100 mile ride on the Saturday . NB As always the success and future of these trips relies on people's commitment to go and prompt payment of money when required !

An Interview with Paul Fisher

Q :- Why did you get interested in triathlon ?

A : - I met Peter Abbott in a public swimming session and he invited me to swim the club

Q : What is your favourite training session and why ?

A:- A long summer bike ride because of the camaraderie and sense of achievement

Q:- What is your best achievement to date ?

A:- My 1st Ironman in Austria 2006

Q:- What are your triathlon plans for 2009?

A:- To train and complete Austria 09 in a new PB

Q:- How long have you been involved in White Oak Tri ?

A:- About 13 years

Q:- Whats the best thing about training as part of a club?

A:- The friends you make and tips and advice you can pick up.

Paul " My goal for 2009 is to get as near as possible to 11 hours for IM Austria"

Social / Club contacts

Jane will be organizing a social event soon so watch this space !

Please forward any content or ideas for the club website to :-

Webmaster @whiteoaktri.co.uk

Please let me know of any info you'd like to see in the newsletter and any updates on races/results I can include—the more info the better . Please e-mail me at

alexandarron@btinternet.com

Next newsletter will be March

Thanks Alex

Club contacts

Chairman—John Setford

Treasurer—Paul Fisher

Membership secretary—Roy Knight

Race secretary—James Drain